perplexity

TRI-SET\QUINTASELENA-MADGECAROLYN/TRIPLE_MEEK

Trapezius 10*400,9*406lb.,8*411lb.,7*413,6*441lb.,6*451lb.,5*461,4*471lb.,3*484,2*494,1*500lb.
*Trapezoid 10*300pounds,9*303,8*313,7*319,6*323,5*332lb.,4*338,3*343lb.,2*353lb.,1*363lb.
Shrugs
*10*200lb.,9*202,8*204,7*215,6*220,5*226,4*230,3*240,2*249,1*259lb.
Shrug
*10*109,9*110pounds,8*115,7*121,6*131,5*141pounds,4*151lb.,3*161,2*171lb.,1*181lb.
Tri+ Set
Strict Against WaLL Handstand Pushup to
*10*40,9*50,8*60,7*70 lb ,6*80,5*90lb ,4*100,3*109,2*118lb.
Squat *7505,7*510,*7515,7"516,7*517,*7570,7*517lb.
HangcLean 10*209lb.,8*211,6*221,4*231,2*242 lb.
ORANGE\PHY.ED./THEORY°•^√✓
https://youtu.be/2fnVntryOn4?si=JIxe_RSHOi_HwrLv
3-SET

TRI-SET\QUINTASELENA-MADGECAROLYN/TRIPLE_MEEK
Trapezius 10*400,9*406lb.,8*411lb.,7*413,6*441lb.,6*451lb.,5*461,4*471lb.,3*484,2*494,1*500lb.
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The workout you posted is a high-volume, heavy-weight routine focused on building upper back, shoulder, and triceps strength. Here's a concise breakdown:

Key Exercises and Structure

- **Trapezius/Trapezoid Work:** Multiple sets with increasing weights, targeting the upper back and neck for strength and hypertrophy. This includes shrugs, which are effective for strengthening the trapezius and can help with posture and neck pain[1].

- **Shrugs:** Both heavy and lighter sets, focusing on the upper trapezius. Shrugs are simple but powerful for building shoulder and upper back strength[1].
- **Handstand Push-Ups (HSPU):** These are strict, wall-supported variations, progressing in load. Full ROM (range of motion) is emphasized for maximum shoulder and triceps activation[2]. Using props like parallettes or blocks allows a deeper push-up, increasing difficulty and muscle recruitment[2].
- **Squats and Hang Cleans:** Heavy lower body lifts for overall strength.
- **Tri-Set Structure:** This means performing three exercises back-to-back with minimal rest, maximizing intensity and muscle engagement.

Handstand Push-Up Progression

- Start with supported or partial ROM (using rings/TRX or parallettes).
- Progress to full ROM, ensuring your head goes below your hands for true shoulder and triceps development[2].
- Use props to increase range and challenge stability as you get stronger[2].

General Notes

- Supersets and tri-sets (combining multiple exercises) are effective for breaking plateaus and stimulating muscle growth, especially in experienced lifters[3].
- Lying triceps extensions (skull crushers) are also mentioned as an effective triceps isolation exercise that can complement this routine[4].

Summary Table

Exercise Group	Focus Area	Notes
Trapezius/Trapezoid	Upper back/neck	Heavy, multi-set progression
Shrugs	Trapezius/shoulder	Strength, posture, neck pain relief
HSPU (Handstand PU)	Shoulders/triceps	Strict form, full ROM, advanced props
Squat/Hang Clean	Lower body/total	Strength and power
Tri-Set Structure	Full body	High intensity, minimal rest

This routine is advanced, focusing on both strength and hypertrophy, with an emphasis on strict form and progressive overload. If you're new to some movements (like handstand push-ups), start with regressions and prioritize safety and technique[2] [1].

⁂

1. https://www.vinmec.com/en/news/health-news/healthy-lifestyle/shrug-muscles-work-benefits-and-how-to-do-it/
2. https://gmb.io/handstand-push-up/
3. https://www.menshealth.com/uk/workouts/g758723/blow-up-your-shoulders-and-triceps-for-xl-muscle/

4. https://en.wikipedia.org/wiki/Lying_triceps_extensions